Contents

Acknowledgments	ii iii
Executive Summary	
Priority education messages on the prevention and treatment of osteoporosis	1
Donald R. Hamilton, John Vanderveen, Robert V. Veiga, and Mary Ann Danello	
Opening Session	
Welcoming Remarks	7
Osteoporosis: a priority women's health concern	8
Science and education as the essential equation for successful prevention Robert E. Windom	9
Confronting the challenges with women at risk for osteoporosis Frank E. Young	10
Keynote Address	Complete Control of the Control of t
Osteoporosis: prevention and the quality of life for older Americans Otis R. Bowen	11
Special Topic: Risk Factors	
Risk factors for osteoporosis and associated fractures Jennifer L. Kelsey	14
Panel Session: Bone Mass, Bone Loss Measurement	
Panel Summary	21
Virginia M. Pappas Usefulness of bone mass measurements by photon absorptiometry Christian Hassager and Claus Christiansen	23
Technical aspects and clinical interpretation of bone mineral measurements Heinz Wahner	27
Bone mass measurement, fracture risk, and screening for osteoporosis Daniel I. Rosenthal and Anna N. Angelos Tosteson	31
Panel Session: Nutrition/Exercise	
Panel Summary	34
B. Lawrence Riggs The calcium controversy: finding a middle ground between the extremes Robert P. Heaney	36
Factors to consider in the selection of a calcium supplement	46
Is osteoporosis a pediatric disease? Peak bone mass attainment in the adolescent female	50
Charles H. Chesnut, III The role of exercise in preventing osteoporosis	54

Public Health Reports (ISSN 0033-3539) is published bimonthly by the Office of the Assistant Secretary for Health, Rm. 717-H, Hubert Humphrey Bldg., 200 Independence Ave., SW, Washington, DC 20201. Second-class postage paid at Washington, DC, and additional mailing offices. POSTMASTER: Send address changes to Public Health Reports, Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Louis W. Sullivan, MD, Secretary



PUBLIC HEALTH SERVICE James O. Mason, MD, DrPH Assistant Secretary for Health

PUBLIC HEALTH REPORTS (USPHS 324-990) ISSN 0033-3539

Editorial Staff

Marian Priest Tebben, Executive Editor
Dan Taylor, Associate Editor
Marion Hearon, Assistant Editor
Harold M. Ginzburg, MD, JD, MPH,
Contributing Editor
Ronald J. Kostraba, Conceptual
Design
Donna J. Young, Art Director

Public Health Reports is published six times a year. Opinions expressed are the authors' and do not necessarily reflect the views of Public Health Reports or the Public Health Service. Trade names are used for identification only and do not represent an endorsement by the Service.

The Secretary of Health and Human Services has determined that the publication of this periodical is necessary in the transaction of the public business required by law of this Department. Use of funds for printing this periodical has been approved by the Director of the Office of Management and Budget through September 30, 1990.

Address correspondence to:

Editor, Public Health Reports Parklawn Building, Room 13C-26 5600 Fishers Lane Rockville, MD 20857 (301) 443-0762

Subscription Information

Public Health Reports is for sale for \$9 a year domestic subscription and \$11.25 foreign. Single copies are \$4.75 domestic and \$5.94 foreign. Purchase from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402

Contents continued

Panel Session: Prevention/Treatment	
Panel Summary	59
The risks and benefits of long-term estrogen replacement therapy Elizabeth Barrett-Connor	63
Alternative strategies for prevention of postmenopausal osteoporosis Robert Lindsay	67
Hormonal therapy in climacteric women: compliance and its socioeconomic impact	71
Treatment of osteoporotic patients	76
Panel Session: Management/Education	
Panel Summary	79
Osteoporosis in the older woman: a reappraisal	81
Patient counseling for osteoporosis prevention Edward E. Bartlett	85
The awareness of osteoporosis among health professionals, consumers, and journalists	88
Special Topic: Prospectus on Research Advances	
Prospectus: research advances	91